

SOAR Student Training Progress Week 14- 5 Mile Bench / 10 Mile Hillwork

Student / WK 14	2-Jan	4-Jan	6-Jan	Total Miles Weekly	Total Miles YTD	Total Miles Owed	Average Training Time / WK	Wkly Min / Mile	YTD Min / Mile
Armienta, Maria	1:01:30	1:02:15	2:07:43	20.0	185.4		1:23:49	12:34	11:29
Breault, Charlie	1:01:30	1:02:15	2:13:50	20.0	185.4		1:25:52	12:53	12:40
Cabrera, Alexis	0:51:23	0:51:07	2:02:00	20.0	170.9	10.0	1:14:50	11:13	09:43
Carroll-Tramble, Kamari	0:57:17	0:58:44	1:59:02	20.0	179.4		1:18:21	11:45	12:02
Chabolla, Daija				0.0	134.2	31.0	#DIV/0!	#DIV/0!	10:15
Commons, Carlee	0:52:20	0:55:54	1:35:00	20.0	179.4		1:07:45	10:10	09:44
Corona, Luis	0:59:08	1:48:00	1:53:24	25.0	179.4		1:33:31	11:13	10:17
Dalgan, Abraham	0:56:08	0:54:50	2:12:21	20.0	177.4		1:21:06	12:10	10:38
DeLaPaz, Jonathan	0:50:22	0:53:30	1:41:07	20.0	185.4		1:08:20	10:15	09:53
Diaz, Nadia	1:16:26	1:24:30	2:36:44	20.0	178.4		1:45:53	15:53	13:43
Doughergy, Eric	1:07:00		2:09:00	15.0	169.4	10.0	1:38:00	13:04	11:34
Estrada, Aimee	1:54:25	0:59:00	1:57:22	25.0	180.4		1:36:56	11:38	10:10
Ford, Elizabeth			1:55:57	5.0	179.4	UP 5.0	1:55:57	23:11	11:15
Garcia, Dale	1:15:02	1:10:46	2:14:41	20.0	180.2		1:33:30	14:01	12:10
Godinez, Isis	0:58:42	0:54:26		10.0	147.1	25.0	0:56:34	11:19	11:18
Green, Hannah	0:45:08	0:44:04	1:37:30	20.0	187.5	UP 8.3	1:02:14	09:20	08:43
Hoglo, Lukas			2:14:40	10.0	173.3	3.0	2:14:40	13:28	11:57
Hoglo, Wyatt			1:55:25	10.0	174.3	3.0	1:55:25	11:33	08:58
Islas, Willow	1:46:50	1:48:21	2:02:22	26.0	179.4		1:52:31	12:59	11:21
Kim, Hana	0:58:34	1:50:10	2:13:48	24.0	187.4	UP 9.0	1:40:51	12:36	11:39
Kuhlman, Kevin	0:47:08	0:42:54	1:43:14	20.0	180.4		1:04:25	09:40	08:42
Lagunas, Jocelyln		0:50:10	1:44:10	15.0	175.4	5.0	1:17:10	10:17	09:48
Mendoza, Alejandro	1:04:50	1:10:49	2:06:25	20.0	185.4		1:27:21	13:06	11:26
Nadeau, Kelly	0:56:05	1:00:22		10.0	166.4	20.0	0:58:14	11:39	10:52
Olsen, Schuyler	0:57:27	0:58:15	1:50:04	20.0	172.4	5.0	1:15:15	11:17	11:41
Philips, Ryan	1:09:57		1:51:00	15.0	169.4	10.0	1:30:28	12:04	10:10
Rojas, Jaret	0:41:40	2:31:50	1:33:49	32.0	182.4		1:35:46	08:59	08:25
Seifert, Angelica	0:51:32	0:53:01	1:56:05	20.0	185.4	UP 6.0	1:13:33	11:02	10:34
Song, Erin	0:58:05	1:02:23	2:08:04	20.0	179.2		1:22:51	12:26	12:19
Spiker, Katelyn	0:52:45	0:53:20	1:52:40	20.0	179.4		1:12:55	10:56	10:20
Toothman, Anika	1:01:02	0:58:45	2:09:30	20.0	180.4	UP 1.0	1:23:06	12:28	11:12
Vazquez, Valeria	1:58:45	1:07:35	2:15:25	25.0	179.4		1:47:15	12:52	11:58

1) RALLY TIME FOR THE SO CAL 1/2 MARATHON IS 5:00AM AT LOWES. PERMISSION SLIPS DUE TO COACH SARKISSIAN BY 1/11!

2) All weekly and total mile results highlighted in RED indicate miles owed. YOU are responsible for arranging all makeup miles with a coach! Miles owed must be made up by Thursday, January 11th at coaches discretion to participate in the So Cal 1/2 Marathon.

3) TRAINING WILL BE SUSPENDED FOR STUDENTS NOT HAVING COMPLETED A TEAM PHYSICAL AFTER 1/11/18!

4) Check out SOAR-SC.org. Like us on Facebook at www.facebook.com/soarsantaclarita - Instagram SOAR_SC - Snapchat - SOAR_SC

5) Keep Training Hard! SOAR '18 ROCKS!!!! ÷D